Foods: Pregnancy & Infancy

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Nutrition News

Foods: Pregnancy & Infancy

The cast's trip to Parkton health hospital and visit to mental health workers was worthwhile. The cast members were class lunaticas to be or an excellent actor to unperturbed at a punching bag two hours as one patient does.

Cast members portrayed many faces of mental illness. The manic to the depressive to the stoic Chief Bromden (Teal) to the stuttering Billy (Desi Roybal), all characters in their own role of madness.

One of the play's most interesting and effective alterations from the original Kiesewetter version is Bromden's presentation. This idea to the story gives the audience inside look into the p Wa Bromden gives the idea that the perceived insane are abnormal, and that society as the real lunatic.

Another effective device is the movie film. It McMurphy and Chief Bromden straight jackets in confinement. This is a good working around the stipulations and it worked better than if a character simply have narrated the situation.

As the curtain fell, the audience thundered its applause. It not only brightened a rainy but had taken the audience into a mental institution. The performance was realistic—except for a segment where girls and liquids smuggled into the institution part of a party. However, the party was a highlight of comedy.

KESD airs

South Dakota Public Tele will make its bi-annual fund with Festival '81 March 7-22.

This is the seventh year Festival telethon.

Public Television Director recommended 25 percent of South Dakota Public Television for fiscal 1981 and '82—a potential $250,000 for South Dakota.
Have you ever heard a pregnant woman say "I’m eating for two?" In a vital sense, this statement is true. From conception to birth, all of your baby’s nutrient needs must be met by your diet and from your body stores. Research has shown that poor nutrition increases the likelihood of both miscarriages and birth defects.

Before birth, your baby goes through various stages of very rapid growth. At conception, your baby is made up of only one cell. During the first eight weeks of pregnancy, cells divide very rapidly. Your baby doesn’t grow much in size but many different types of cells are forming. Three tissue layers are formed: the ectoderm, the mesoderm and the endoderm. Each layer will form into specific tissues and organs in your baby’s body.

The ectoderm forms the skin and the nervous system. The endoderm develops into the lining of the intestinal tract, the liver, the pancreas, and the thyroid gland. The mesoderm forms the skeleton, muscles, connective tissues, bone marrow, blood, and blood vessels. Each organ and tissue has its own particular period of rapid growth. If, for any reason, growth during these periods is inhibited, permanent damage may be done to the child. Consequently, good prenatal nutrition is essential for the health of your baby.

Growth from the ninth week after conception to birth is less dramatic but equally important. Your baby continues to develop various types of tissues but now it also begins to grow in size. The weight of the baby increases 500 times, from about 1/5 of an ounce at 9 weeks to approximately 7½ pounds at birth.

The foods you eat during pregnancy must meet the nutrient requirements of both you and your child. Since your baby is very small during the first eight weeks of pregnancy, there is little need for you to increase the number of kilocalories you eat. Your objective during this period should be to eat a well-balanced diet which supplies all the essential nutrients needed by your developing child.

You will need more food energy (kilocalories) when you begin the third month of pregnancy. At this time, your baby is growing rapidly in size and you are beginning to develop the supportive tissue necessary during pregnancy and nursing. A healthy weight gain during pregnancy is between 20-24 pounds. A desirable pattern of gain is 2 to 3 pounds for the first three months, 10 to 12 pounds for the second three months, and 8 to 10 pounds the last three months. Report any sudden increase in weight — especially during the last three months of pregnancy to your doctor immediately.

During pregnancy, there is little room in your diet for “kilocalorie dense” foods which supply few of the necessary nutrients but often contain many kilocalories. Pregnancy is not a good time to try to lose weight. It is almost impossible to fulfill the nutrient requirements of both you and your growing child on a diet which severely limits kilocalories.

Protein is needed for the growth and repair of body tissue. When a woman becomes pregnant, her protein requirements are increased by 66 per cent. The foods which contribute the largest amounts of protein to the diet are meat, fish, poultry, milk, eggs, nuts, dried beans, and dried peas.

Minerals are also needed in greater quantities during pregnancy. Calcium is required to build bones and teeth. It is also necessary for normal blood clotting and muscle tone. Inadequate calcium consumption during pregnancy may lead to the depletion of your body stores. This is not good if you are planning to breast feed. Dairy products such as milk, cheese, yogurt and ice cream are the best sources of calcium.

Both you and your baby have a great need for iron during the prenatal period. Iron is necessary to form blood. Your baby needs to store iron in the liver for use after birth. Foods especially rich in iron are liver, lean meats, dried fruits, egg yolk, and enriched breads and cereals.

Iodine is necessary for the regulation of body metabolism. Over a period of time, too little iodine may result in the formation of a goiter, an enlargement of the thyroid gland in the neck. Low levels of iodine...
consumption which would normally prevent goiter may not be adequate during pregnancy. Your child also requires iodine if normal physical and mental development are to take place. The use of iodized salt will usually fulfill these needs. Unless your doctor limits the amount of salt intake, you may use iodized salt in cooking and at the table.

A wide variety of vitamins is necessary for the growth and development of your baby. Each vitamin plays a different role and all must be present if body cells are to form and function properly.

Vitamin A is essential for cell development, bone growth, tooth formation, and vision. Dark green and deep yellow fruits and vegetables, liver, butter, and egg yolks are all rich sources of vitamin A.

The B-vitamin complex is a large, varied group of vitamins. Niacin, riboflavin, thiamin, B6, and B12 are all important during pregnancy because of the roles they play in metabolism, energy production and the formation of muscle and nerve tissue. Food sources of the B-vitamins include liver, pork, milk, eggs, and enriched or wholegrain breads and cereals. The need for folic acid is doubled during pregnancy. Folic acid plays a vital role in cell growth and reproduction. Folic acid is also necessary for the formation of hemoglobin. A deficiency of folic acid can lead to anemia. Good sources of folic acid include liver, green leafy vegetables, asparagus, and citrus fruits.

During pregnancy, an increase in vitamin C consumption is important because of the role it plays in helping the baby use iron and increasing resistance to infection. The most common sources of vitamin C are citrus fruits and juices, strawberries, melons, broccoli, and tomatoes.

Vitamin D helps the body use calcium and phosphorus. Vitamin D is different from other vitamins because your body can form it on your skin with the help of sunlight. During times when exposure to the sun is not possible, the requirements for vitamin D can be met by consuming vitamin D-fortified milk. Unless prescribed by your physician, additional vitamin D supplements should not be taken.

It has been shown that vitamin E is necessary for normal reproduction in some animals. However, scientists have not been able to find a specific role for vitamin E in human reproduction. The best food sources of vitamin E are vegetable oils, especially corn oil, cottonseed oil, soybean oil, and wheat germ.

To simplify meal planning, foods which contain similar nutrients have been divided into groups. This chart shows the number of servings you need daily from each group. Each group contains a variety of foods that contain similar nutrients so that you can choose the foods you like best.

Keep a record of what you eat for a day or two. Did you eat enough servings from each group? If not, try to include the foods you are lacking in your diet. Did you consume a large number of foods that didn’t fit into any of the food groups? Some may be combination foods, such as pizza or beef stew which contain foods from more than one group. Combination foods are difficult to count. The amount of each food present will determine if it contains a whole serving or only a part of a serving.
Compare breast feeding with bottle feeding. Then decide which is best for both you and your baby.

**BREAST FEEDING**

- Provides adequate nutrition - nutrients are present in the amounts, proportions, and forms that are best suitable for the growing baby.
- Is more convenient and always ready — no bottles, special preparations, sterilization.
- Less tendency to overfeed - baby drinks only as much as needed.
- Gives mother and baby time together and helps baby feel secure and loved.
- Protects your baby against infections, allergies and infantile diarrhea - breast milk is less likely than formula to cause allergies.
- Breast feeding can be confining; nobody can share this job with you.

Curd formation and curd size, cow's milk is difficult to digest. Cow's milk has a higher sodium content than human milk or milk formulas.

Infant milk formulas are made to resemble human milk. Milk formulas are different from cow's milk in many ways. The protein component in milk formulas has been partially modified to make it more digestible than that in cow's milk. The levels of calcium, phosphorus and other minerals are more suitable to the infant's nutrient needs. Milk formulas need to be carefully prepared to prevent bacterial contamination. Gastrointestinal disorders in the infant could occur due to the use of unsafe water, use of milk or formula which has not been kept refrigerated, use of bottles and nipples which have not been thoroughly cleaned or preparing the milk formula with dirty hands or soiled equipment.

**BOTTLE FEEDING**

- Provides adequate nutrition for baby if formula instructions are followed carefully.
- Requires careful sterilization of bottles and storage of formula.
- May pressure baby to "finish the bottle" — tendency to overfeed.
- May give mother and baby time to be close if baby is held while being fed.
- For the formula-fed baby who is allergic to cow's milk, a substitute such as soy milk or goat's milk should be provided.
- May allow baby to be left in the care of others for longer periods of time.

Concerns about Breast Feeding

The healthy and normal mother is capable of producing sufficient milk for her infant. The size of the breasts is generally not related to the mother's ability to produce milk. A mother with small breasts can be as successful at nursing her infant as one with large breasts. Breast feeding can become a serious problem especially for the young, inexperienced mother who has not been provided with sound professional advice, support from family members and a physician willing to listen to her problems.

It is strongly recommended that a new mother not start to breast feed unless she is enthusiastic about it and anticipates the breast feeding experience with joy and pleasure. If a new mother would prefer not to breast feed, there is no reason to feel guilty. The infant can be well nourished when bottle fed a milk formula.

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